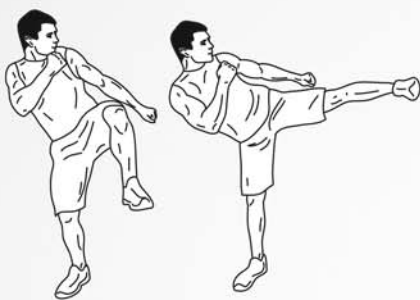


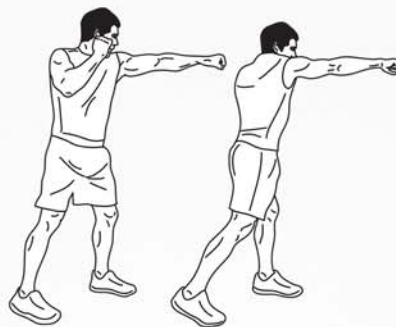
hitman

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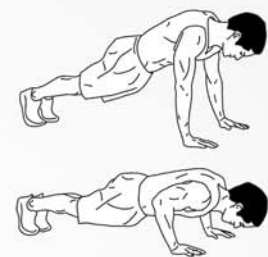
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



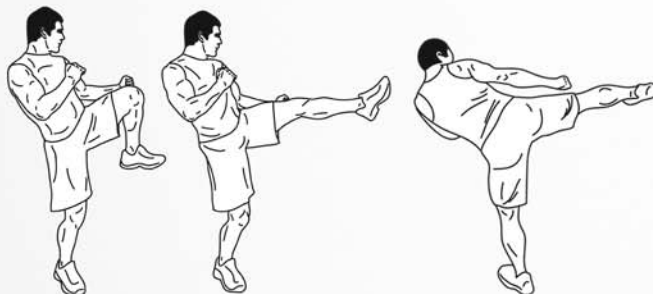
40 side kicks



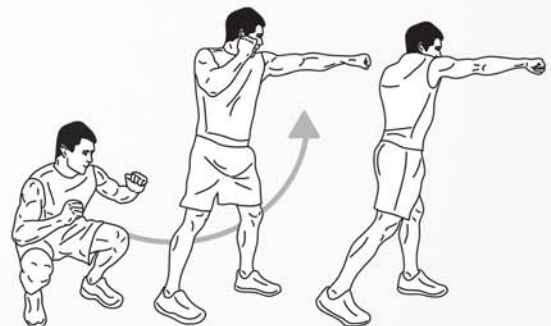
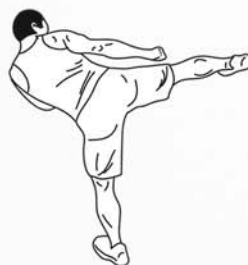
10 jab + cross + jab + cross



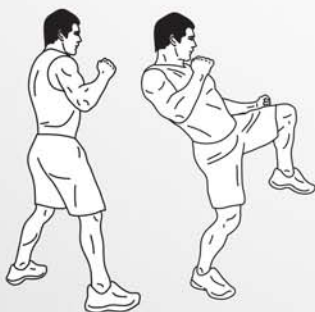
10 push-ups



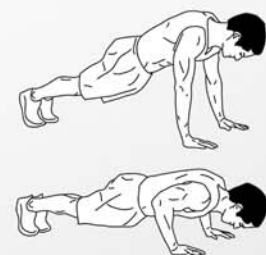
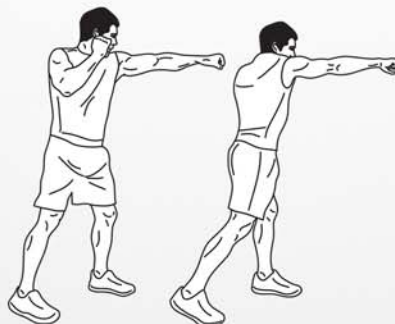
20 combo front kick + back leg side kick



20 squat to the side + jab + cross



20 combos back leg knee strike + jab + cross



10 push-ups